

INDIANA SCHOOL HEALTH PROFILES

School Physical Activity Policies

2020 Data

74.1%

Percentage of schools in which physical education teachers or specialists received professional development on physical education or physical activity during the past year.

(2020)



ONLY 43%

of schools have students participate in physical activity breaks in classrooms during the school day (outside of physical education).



DID YOU KNOW?

Brief classroom physical activity breaks (i.e., 5-10 minutes) are associated with improved cognitive performance (e.g., attention, concentration), classroom behavior (e.g., on-task behavior), and educational outcomes (e.g., standardized test scores, reading literacy scores, math fluency scores) among students.

Percentage of schools in which teachers taught the following physical activity topics in a required course for students in any of grades 6 through 12 in 2020.

88.1% Recommended amounts and types of moderate, vigorous, muscle-strengthening, and bone-strengthening physical activity.

92.1% Decrease sedentary activities (i.e., television viewing)

94.6% Increase daily physical activity

Students who are physically active tend to have better grades, school attendance, cognitive performance (e.g., memory), and classroom behaviors (e.g., on-task behavior).

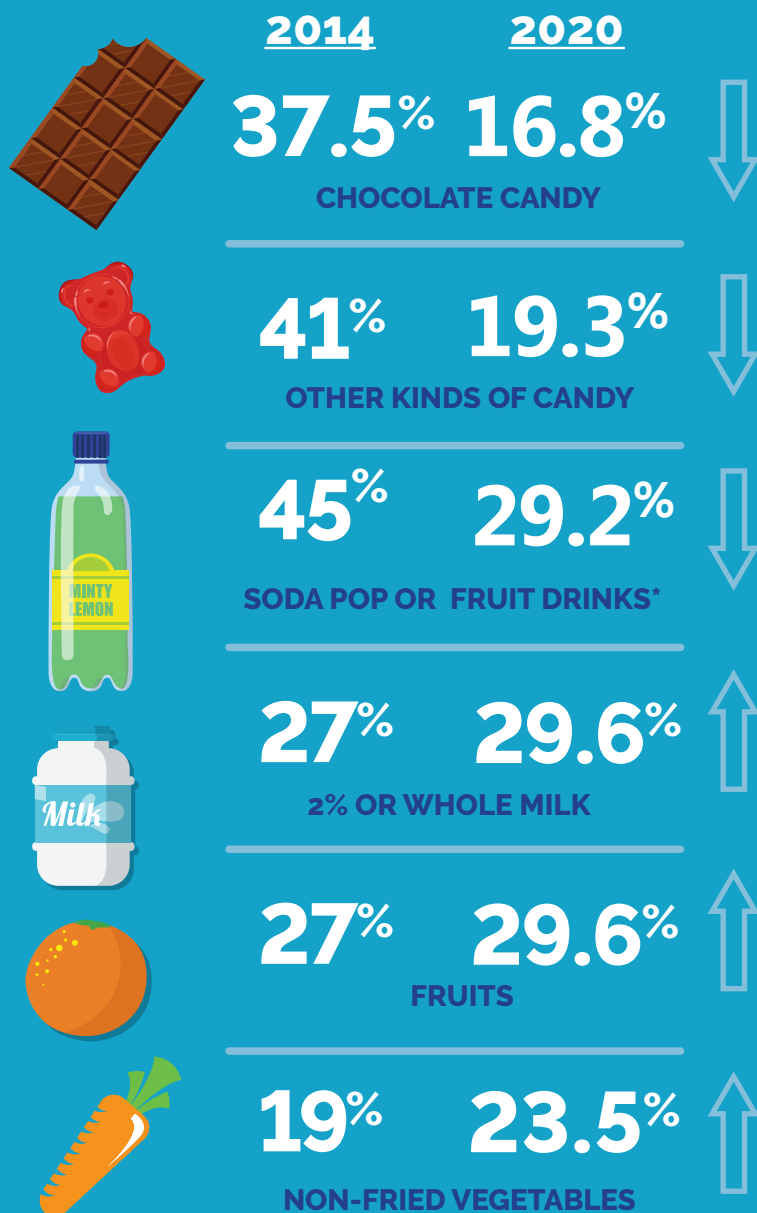


Division of
**Nutrition &
Physical Activity**

INDIANA SCHOOL HEALTH PROFILES

School Nutrition Policies 2020 Data

Percentage of schools in which students can purchase the following from vending machines, school store, canteen, or snack bar:



*that are not 100% juice

Lack of adequate consumption of specific foods, such as fruits, vegetables, or dairy products, is associated with lower grades among students

BREAKFAST

AND SCHOOL PERFORMANCE

Student participation in the United States Department of Agriculture (USDA) School Breakfast Program (SBP) is associated with increased academic grades and standardized test scores, reduced absenteeism, and improved cognitive performance (e.g., memory).

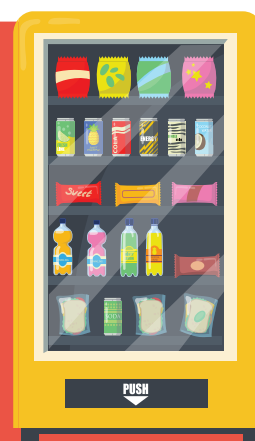


Skipping breakfast is associated with decreased cognitive performance (e.g., alertness, attention, memory, processing of complex visual display, problem solving) among students.

ONLY
18.6%

of schools priced nutritious foods and beverages at a lower cost while increasing the price of less nutritious foods and beverages.

Deficits of specific nutrients (i.e., vitamins A, B6, B12, C, folate, iron, zinc, and calcium) are associated with lower grades and higher rates of absenteeism and tardiness among students.



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